

Title (en)

Rear deltoid exercise machine and method of exercise

Title (de)

Übungsgerät zur Stärkung des Deltamuskels und Anwendungsverfahren

Title (fr)

Appareil de musculation de deltoide arrière et méthode d'entraînement

Publication

**EP 0862931 A3 19990602 (EN)**

Application

**EP 98300996 A 19980211**

Priority

US 80619297 A 19970226

Abstract (en)

[origin: EP0862931A2] An apparatus and a method for performing a rear deltoid exercise are disclosed. A user support is mounted to a frame. An arm is pivotally mounted to the frame at a point proximate the user support. A handle (70) is mounted to the arm at a point distal to the user support. The handle is adapted to be grasped and displaced by the user. A means for resisting the displacement of the handle (70) is provided. The resistance means may include a lever (30) adapted to support removable weights mounted to the frame and operably engaged to the arm. A second handle and arm may be provided for the other hand of a user. The handles (70) may be connected to the arms by means of an intermediate link, thereby allowing for variations in user arm size and range of motion. To use the exercise machine, a user selects a weight for exercise, sits on the user support, grasps the handle (70) and displaces the handle laterally through an arc having its center proximate the user's shoulder, overcoming the resistance. <IMAGE>

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IPC 8 full level

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CPC (source: EP)

**A63B 21/06** (2013.01); **A63B 21/4047** (2015.10); **A63B 21/0615** (2013.01)

Citation (search report)

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- [XY] US 5597375 A 19970128 - SIMONSON ROY [US]
- [XY] WO 9626767 A1 19960906 - LUMEX [US]
- [XA] US 5135456 A 19920804 - JONES GARY A [US]
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